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Matt Epp and Faouzia won the 2016 International Songwriters Competition grand prize with their song "The Sound." CONTRIBUTED

Sounds LIKE A WINNER

Manitoba songwriters make history

metroNEWS

Access denied to Portage and Main report

TRAFFIC

Coun. Browaty filing complaint over blocked study on reopening

Braeden Jones
Metro | Winnipeg

Councillor Jeff Browaty may not personally want Portage and Main reopened to pedestrians, but he's not a traffic expert, so he wants to know what the people who are think of the idea.

Despite being one of the more vocal opponents of Mayor Brian Bowman's efforts to see barricades removed from the historic downtown intersection, Browaty has committed himself to learning what conclusion a 98-page traffic study reached last fall.

Now 120 days since he made a freedom of information request to that end, he's been told the report will not be made available because it reveals "advice, opinions, proposals, recommendations, analyses or policy options developed by or for the public body."

Browaty's not buying it.

"I'd like to see the information," he said at a media availability held Thursday afternoon at city hall. "I'd like to make decisions based on science, based on the engineering, based on what this report actually says — not a candy-coated administrative version of this report that cherry-picks certain facts."

At a council meeting near the end of April, Bowman said city staff were preparing a report, and he also shared new information that all of the properties around the intersection have approved its reopening.

Not enough for Browaty, who now says he is "worried the reason it's not being released is because they're trying to come out with a different version of the report that is more friendly and more to the mayor's liking."

The version with cherry-picked facts, as Browaty puts it, is what he believes will ultimately be made public instead of the actual $116,000 "taxpayer-funded report" he's been urging the mayor to release to no avail.

"I'm curious as to why that's not the case, as a public we have a lot of people who are interested in this particular matter," Browaty said, adding that with a public document, "there's an opportunity for the public to have an open and honest discussion."

On Thursday he filed a complaint with the Manitoba Ombudsman to contest his denied freedom of information request, but he's also still trying to pressure the mayor's office into releasing the report, and continuing to stand against the idea until he sees any information to prove his opinion wrong.

"I think the laws of physics are pretty obvious that when you have 77,000 vehicle movements through that intersection a day, and you have to shut it down to allow pedestrians to cross … it's going to dramatically increase the amount of time it takes to get through that intersection," he said.

Both Bowman and senior administrators have said a full report, including the traffic study, will be released sometime this year.

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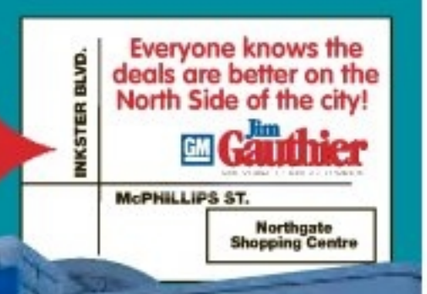
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metro NEWS
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Weekend, May 19-22, 2017

Advocate says an apology to LGBTTQ people not enough

DISCRIMINATION

Wants feds to take action on 'absurd' gay blood ban

Jessica Botelho-Urbanski
Metro | Winnipeg

A Winnipeg advocate wants the federal government to go further than just a formal apology to LGBTTQ people discriminated against on the job.

Jim Kane, 62, urged the government to take action by dissolving an "absurd" ban preventing gay men from donating blood until they've been celibate for one year.

"I think it should be part of (the apology) because of the fact that the blood ban was based on who you had loved or had sex with ... and not based on any science," he said.

Announced Wednesday, the public apology is scheduled for fall and will apply to members of the federal public service, military and RCMP.

Community consultations will be done this summer to determine the contents of the apology, with a website for feedback going up shortly, said Randy Boissonnault, the Prime Minister's adviser on LGBTQ2 issues and Liberal MP for Edmonton Centre.

In an interview, Boissonnault said lifting the blood ban won't be done in conjunction with the public apology as the files are being worked on separately.

In January, Health Canada provided $3 million to Canadian Blood Services and Héma-Quebec "to take a really good look at and develop the research that can determine and — from my opinion — verify, the very low risk factors to no risk factors that monogamous gay couples pose to the blood system," he said by phone.

"It is up to Héma-Quebec and Canadian Blood Services to demonstrate the research and then come back to the Government of Canada and the Ministry of Health to then make an evidence-based case for that reduced blood ban," Boissonnault added.

> **The blood ban was based on who you had loved or had sex with ... and not based on any science.**
> Jim Kane

Kane pointed to the Pulse Nightclub shootings in Orlando last year as a prime example of why a ban ought to be lifted.

"People died because there was a shortage of blood and that's a black mark not in Canada, but as an example of how absurd this law can be," he said. Kane appreciates the government pursuing its long-promised LGBTTQ apology and hopes his older gay friends will live to hear it.

"That's one of the reasons I've been pushing for this sooner rather than later," he said.

"There's a lot of hurt and there's a lot of healing that needs to be done."

Jim Kane at his home in Winnipeg. Kane marched in the first Pride Winnipeg parade 30 years ago and will walk again this year. LYLE STAFFORD/FOR METRO

ASYLUM SEEKER

Frostbitten refugee gets to stay

Five months after nearly freezing to death on a treacherous walk across the Canada-U.S. border, and still learning to get along without the 10 fingers and thumbs he lost to frostbite, Seidu Mohammed is happy.

He gets to stay in Canada.

The Immigration and Refugee Board has granted Mohammed refugee status on the basis that the 24-year-old bisexual professional soccer player from Ghana would face persecution if returned to his home country.

Mohammed fled Ghana to the United States in 2015, where at first he spent several months in a detention centre. After he was released from custody pending deportation, Mohammed made it to North Dakota, took a cab to an area near the border at Emerson, Man. and, along with a fellow asylum seeker he met, walked seven hours in the dark as wind chill dipped to -30 C on Dec. 24.

The two men were eventually found by a trucker near Letellier, Man. nearly frozen and disoriented.

THE CANADIAN PRESS

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Pride 30 FOR 30

Director displays Pride in art

LGBTQ

'I use the mediums I'm in to carry the narrative'

Danelle Granger
For Metro | Winnipeg

Eric Plamondon is a multidisciplinary French artist who likes to challenge heteronormativity through art.

"There's quite a few (queer artists) in Winnipeg, but there isn't a lot of us who consistently sort of use our queer life experiences as a way to strengthen our art practice," he said.

Plamondon said he participated in an open mic a few weeks ago, and the experience made him realize that having gay characters in a story isn't something that is usually expected.

"Two-thirds of the way into the story there's the reveal that the two characters are gay, and it is a story about desire," he said. "And literally, from back row, I could hear this very audible gasp. And was like 'this is not expected, and that is interesting.'"

"I use the mediums I'm in to carry the narrative through."

Plamondon said art has always been a part of his queer identity, but it wasn't until his mid-20s that he decided to tackle that part of himself.

He had been working on a few stories when one of his colleagues asked if she could read them. At the time, she was the publisher for Outwords, a local queer magazine, and asked to publish his stories in it.

Plamondon said he realized his work had more than a personal value to it — there was value of having it in the community and the public.

"(It was) not only for artistic reasons, but for social reasons," he added.

Plamondon has been professionally involved in the art industry for around seven years. He currently works at Artspace as the executive director, and he is currently writing a French play where the two main characters are queer.

Eric Plamondon said art has always been a part of his queer identity. CONTRIBUTED BY CLAIRE PAETKAU

Favourite Pride moment?

I remember siting a few years back on of those grass hills at the Forks with a friend of mine, who's from the French community as well. And he was way more flamboyantly dressed than I was. And a few other members of the French community stumbled upon us and were trying to understand what was going on.

It was this fantastic moment of 'right sometimes it just takes you to invite someone and that's all they need.'

Why was Pride important 30 years ago?

I myself have a lot more work to do to understand the history of my community. I was involved with Reel Pride, and at the time I was helping them with marketing and communications, and realized we had no pictures, so I was like, OK let's take some photos.

There was some board members that they gave incarnation to it (Reel Pride), and they're like, 'hmm, yeah there's a reason there's a culture of not taking pictures of us.' And they brought us back 30 years ago and explained what conditions were back then.

Why is Pride important today?

We're clearly not as visible as we sometimes think we are. We're not as claimant of space as we should be and can be. And so Pride is a bit more than a week now, but it's a week where we reclaim space. That is still absolutely huge.

It's also sort of, how many people do I know that were trying to figure out if they are or if they're not (gay), and they sort of needed that event to permit themselves to explore that part of who they are. So on so many levels Pride is crucial.

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Stylist's pizza-inspired haircut a hit

HAIR

Video of cheesy style goes viral on Facebook

Michelle Bailey
For Metro | Winnipeg

A Winnipeg hair stylist well-known for creating whimsical styles has introduced a new look for lovers of cheese and pepperoni.

It's the pizza cut, and the idea to design a slice of pizza on the back of someone's head came to Kelly O'Leary-Woodford in a recent dream, she said.

"I do a lot with colours and I love pizza, so I decided to ask one of my employees who had an undercut if I could sculpt and paint a slice on the back of her head and she said sure," said O'Leary-Woodford, co-owner of Sapphire Hair Lounge on Academy Road.

To craft the design, she started the way any pizza maker would by getting the crust ready.

First she shaved the shape of a triangle, painted it "crust colour" and then went ahead with brushing on the toppings, which in this case were pepperoni and green peppers.

In a video of the process that has gone viral online — with more than three million views on Facebook — O'Leary-Woodford said her model "kept it for two weeks and everyone in the city took pictures with (actual) pizza next to her head, and it was hilarious."

"Everybody loved it so much."

The stylist, who also came up with the idea of creating a pastel rainbow up-do featuring a green straw from Starbucks during the coffee company's recent Unicorn Frappuccino promotion, said she loves doing all kinds of creative things using colour.

"It's fun, and I consider myself a pizza pro now."

She said fans of her wacky styles should also tune in for these undercuts up next: "Cutesy cats, whales, cupcakes, and lollipops!"

CONTRIBUTED

INDIGENOUS PEOPLE

MP petitions to make Aboriginal Day a holiday

Jessica Botelho-Urbanski
Metro | Winnipeg

A Winnipeg MP is calling on the federal government to legally recognize National Aboriginal Day.

Robert-Falcon Ouellette, who represents Winnipeg Centre, introduced an online petition he sponsored in the House of Commons Thursday, urging MPs to designate June 21 as a legal holiday. This would "recognize and celebrate the unique heritage, diverse cultures and outstanding contributions of First Nations, Inuit and Métis peoples," Ouellette said in a prepared statement. "This day would serve to create and strengthen opportunities for nation building for Indigenous peoples and the ideal of reconciliation among Canadians," he said.

Ouellette's petition needed a minimum of 25 signatures, but garnered 806 signatures between October and February.

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The Public Utilities Board

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For a residential customer not on electric heat (using an average of 1,000 kilowatt-hours (kWh) per month), the combined impact of these rate increases is an additional $14.31 per month after April 1, 2018.

For a residential customer that has electric heat (using an average of 2,000 kilowatt-hours (kWh) per month), the combined impact of these rate increases is an additional $27.33 per month after April 1, 2018.

Further details are available at: www.pubmanitoba.ca.

How do I share my views?

You can share your views on the proposed rate increases with the Public Utilities Board in three ways:

- **Oral presentation** – If you wish to make a verbal presentation to the Board at a Public Hearing, please register with the Public Utilities Board by writing to the Board office at the address listed below, or by sending an email to **publicutilities@gov.mb.ca**. Presentations are limited to a maximum of ten minutes.
- **Written comment** – If you would like to comment on the rate increase, please go to www.pubmanitoba.ca and provide your comment.
- **As an approved intervener – If you want to be an Intervener, please go to** www.pubmanitoba.ca and register to become an intervener.

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Manitoba

ACHIEVEMENT

Manitobans win world songwriting prize

Jessica Botelho-Urbanski
Metro | Winnipeg

Dozens of industry experts and famed artists, including Lorde, Tom Waits and the late Chris Cornell, chose two Manitoba musicians to make history this week.

Matt Epp and Faouzia were the first Canadians to win the International Songwriting Competition, currently in its 16th year.

The pair won for Epp's latest single featuring Faouzia, The Sound, inspired by an email Epp received while on tour in Germany from his one-and-a-half-year-old daughter.

"I get an email from her account and of course it was my wife writing, but it said, 'What's the sound that a longing heart makes? I miss you, Daddy,'" Epp said. "And of course I broke down crying and wrote the chorus of the song then. It just came to me immediately."

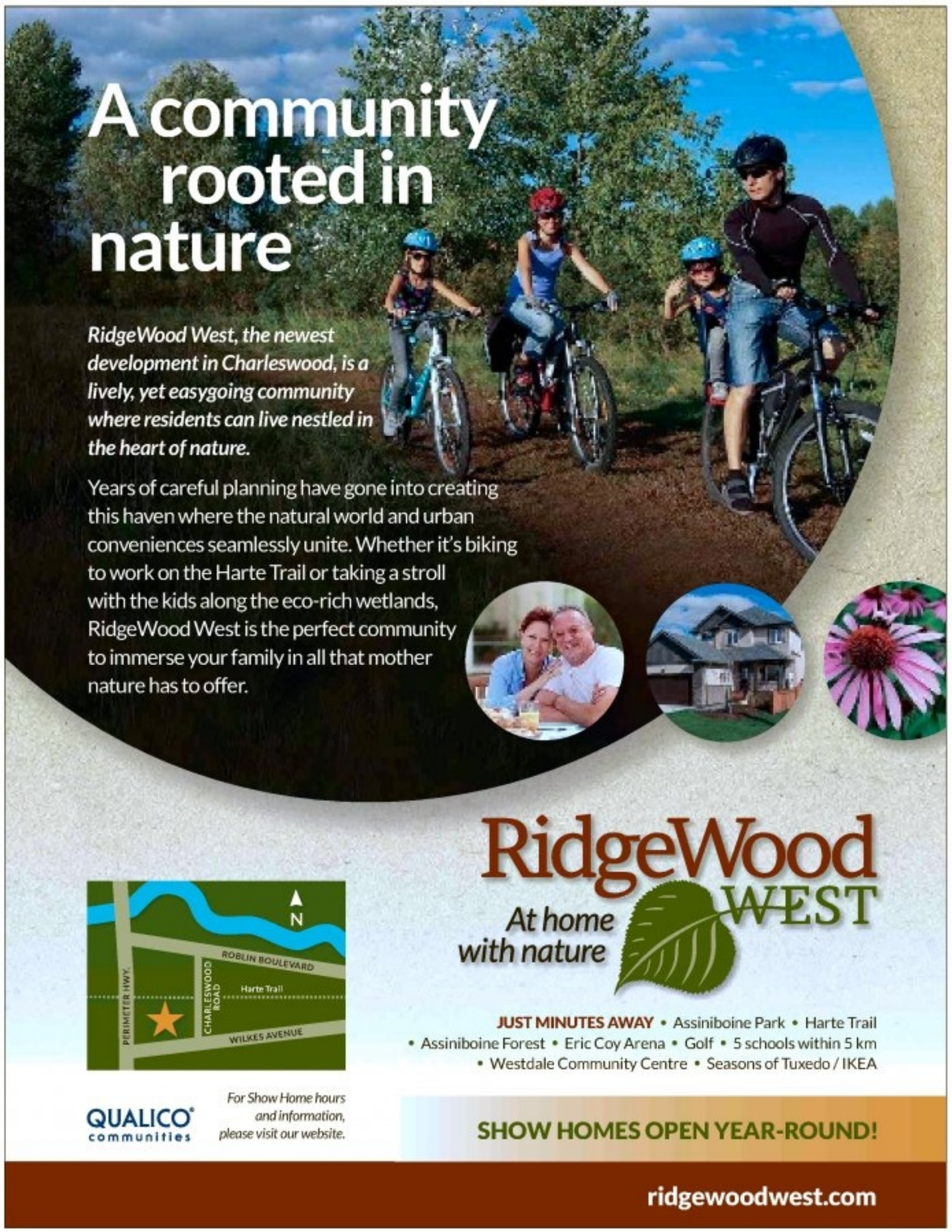
The rest of the lyrics escaped him, but when Epp showed the song to Faouzia, "immediately she jumped on the piano and went into singing a verse, and that unlocked the song," he said.

Faouzia, a 16-year-old from Carman, Man., crafts music in her parents' basement and hopes to record her first EP this year, thanks in part to the prize winnings.

The pair's grand prize includes $25,000 US and nine days of recording at a Nashville studio.

"I have a whole bunch of songs that I've written up and this is perfect because I can start working on them and further my career this way," Faouzia said.

They were chosen first of 16,000 submissions from 137 countries.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5 things to do this long weekend

From David Lynch to dinosaurs, there's plenty to keep you busy. MICHELLE BAILEY FOR METRO

1 Ignite your Spirit!

Over 800 dancers will be competing in the 2017 Manito Ahbee International Pow Wow on Sat May 20 at noon and 7 p.m. and Sun May 21 at noon. Dancers will compete for cash prizes in a number of categories and the top award winning drum groups from across the continent will also be attending. The event takes place at the RBC Convention Centre, 375 York Ave.

TRAVEL MANITOBA/SUPPLIED

2 90 minutes inside David Lynch's head

SUPPLIED

Twin Peaks fans hotly anticipating the upcoming reboot of the cult '90s serial drama can check out the doc David Lynch: The Art Life at Winnipeg Cinematheque, 100 Arthur, beginning Fri. May 19 at 9:30 p.m. Lynch was writer and creator of the short-lived program, and mastermind behind off-beat movies such as Wild at Heart.

3 Celebrate World and National Fiddle Day in St. Norbert

FACEBOOK

More than 110 vendors are set to kick off the 29th season of the wildly popular St. Norbert Farmers' Market Sat, May 20 starting at 8 a.m. There will be fiddlers, dancing, and a fiddle jam session at noon. Some produce vendors may even have fiddleheads for sale which are in season. Yum!

4 Close encounter of the Prairie kind

50 years ago on May 20, 1967, Winnipeg prospector Stephen Michalak became the subject of what would be the most investigated UFO case in Canadian history. Noted UFO researcher and Winnipegger Chris Rutkowski will be at McNally Robinson at Grant Park Mall, Sat. at 7:30 p.m. to launch his book When They Appeared – Falcon Lake 1967: The Inside Story of a Close Encounter. Michalak's son, Stan, will discuss injuries his father sustained during that sighting and having to live through a never-ending parade of investigators and media fascinated by it.

MCNALLY ROBINSON

5 Dinos return to the Zoo

Spend Victoria Day Monday at the Assiniboine Park Zoo where the Dinosaurs Alive! Exhibit has come to life for the second year in a row. The moving, noise-making robotic dinos were a huge hit last year. Visitors get to experience the feature as part of regular admission. Visit www.assiniboineparkzoo.ca for more details.

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Clock starts on NAFTA talks

TRADE

Negotiations to start as soon as possible, officials say

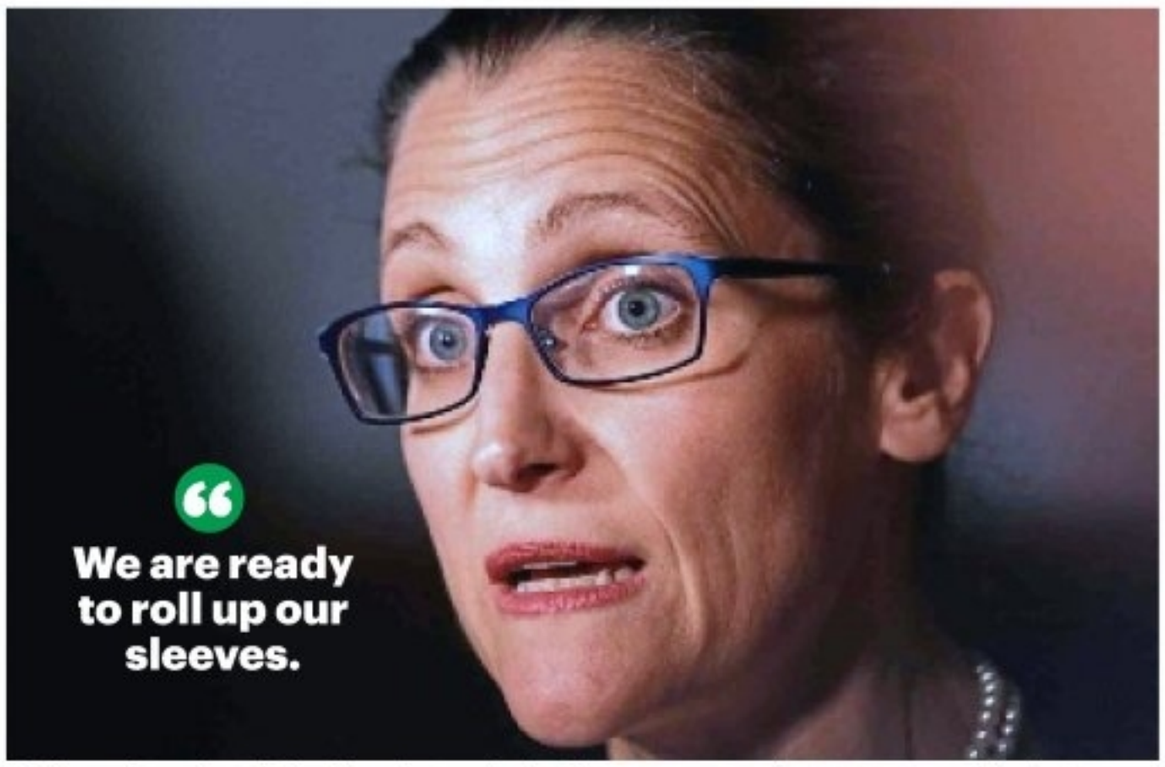
Canada says it's ready to talk now that U.S. President Donald Trump has formally launched the process to renegotiate the North American Free Trade Agreement.

Foreign Affairs Minister Chrystia Freeland said Thursday that Ottawa has already decided that updating the environment and labour sections of the trade pact will be two areas of focus going into the negotiations.

"I'm not going to lay all my cards on the table now. I don't think Canadians would like us to do that," Freeland said.

She noted that in letters to Congress to trigger the process for renegotiation, U.S. Trade Representative Robert Lighthizer also flagged those two areas, among others.

Lighthizer's notice to Congress Thursday set the clock ticking on the start of negotiations, saying they would begin as soon as possible but no later than 90 days.



Minister of Foreign Affairs Chrystia Freeland talks to reporters about NAFTA outside the House of Commons on Thursday. THE CANADIAN PRESS

In the letter, Lighthizer — who gave Canada advance notice of the move, according to Freeland — said that elements of the 25-year-old deal are "outdated" and "do not reflect modern standards."

Lighthizer's letter set out some elements of the trade deal that the U.S. would like to see modernized, including intellectual property rights and regulatory practices.

Freeland said that Ottawa has a similar view and she tried to paint the renegotiation of the sweeping trade agreement as "routine."

The foreign affairs minister said the formal triggering of NAFTA talks has "long been anticipated" and said the federal government has already started to consult with Canadian stakeholders about Ottawa's priorities going into the talks.

Freeland declined to speculate about Washington's ambition to complete negotiations by the end of the year, saying any talk of timelines was "premature."

"What I will say is we are ready to roll up our sleeves — we have been from day one — and we will work hard and seriously on updating this essential agreement. At the end of the day, our objective is going to be to negotiate a great deal for Canadians, and I'm very confident we can do that," she said.

Lighthizer said that the United States seeks to support higher-paying jobs in the United States and to grow the U.S. economy by improving U.S. opportunities under NAFTA. And he said that "aggressive enforcement of the commitments made by our trading partners" was vital and needed to be improved.

TORSTAR NEWS SERVICE

ALBERTA

PCs and Wildrose to merge

Alberta's two conservative parties have taken the first step toward ending a decade of bitter feuding by signing a proposal to merge and become the United Conservative Party.

Wildrose Leader Brian Jean and Progressive Conservative Leader Jason Kenney announced the details of their unity deal Thursday at an Edmonton hotel.

The deal still has to be approved by 75 per cent of Wildrose members and just over 50 per cent of PC members. If it goes ahead, the new party will set up a leadership committee with an eye to electing a new leader on Oct. 28.

"The members will always be in the driver's seat," Jean said. "If approved by the membership, it would set us on a path to regain control of our province for now and for future generations."

Kenney said a united conservative party would ensure the defeat of Premier Rachel Notley's NDP government.

"Hope is on the horizon," he said. THE CANADIAN PRESS

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UN appeals for aid for 'Children on the Run'

REFUGEES

Campaign helps unaccompanied children from South America

With the number of unaccompanied and separated children fleeing gang violence in Central America doubling every year since 2011, the United Nations is launching a campaign to address the "urgent-yet-silent crisis."

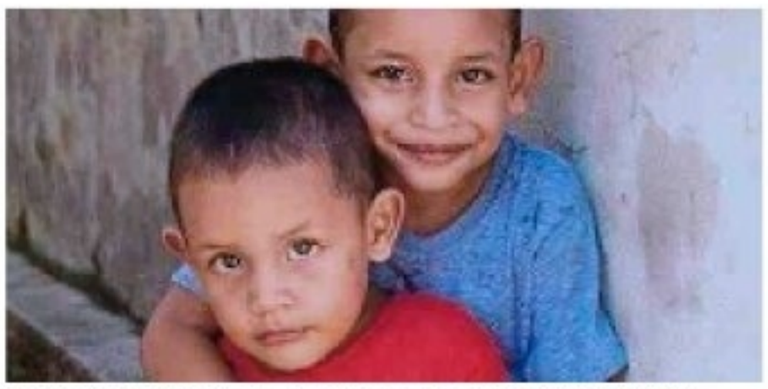
The UN Refugee Agency will kick off the "Children on the Run" campaign in North America on Friday to raise $18 million to assist the young refugees fleeing Guatemala, El Salvador and Honduras.

"We are very concerned about the forced recruitment of these children and youth into the gangs. These adolescents are sometimes killed, tortured and raped," said Jean-Nicolas Beuze, the agency's representative in Canada, who is working on a pilot with Ottawa to resettle a small number of the vulnerable children. According to the UN, the number of refugees from the Northern Triangle countries in the last four years has increased to 146,000 in 2016 from 20,900 in 2012.

Beuze said young refugees, many as young as 10 to 12 years old, often fall into the nets of traffickers and are sexually assaulted and exploited.

The UN Children on the Run campaign will focus on raising awareness of the growing number of children and families fleeing horrific violence in the three Central American countries through videos and stories on an information page on the crisis.

The fund will enable UN Refugee Agency to shelter and protect the vulnerable and facilitate family tracing, reunification and psychosocial support, but so far, said Beuze, only eight per cent of the needed money has been raised. TORSTAR NEWS SERVICE



Brothers Alejandro, 3, and Mateo, 5, and their family fled Honduras after a local gang threatened their lives. UNHCR

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NEW YORK

Teen dies after car plows into Times Square crowd

Two law enforcement officials say a driver accused of running down pedestrians in Times Square told officers he was hearing voices and expected to die.

Authorities say Richard Rojas was taken into custody Thursday after mowing down 23 people, including a teenager who died.

The two law enforcement officials say Rojas tested negative for alcohol, but drug tests were still pending.

The officials weren't authorized to speak publicly and spoke to The Associated Press on condition of anonymity.

Police say the 26-year-old Navy veteran was arrested last week after he pointed a knife at a notary and accused the notary of stealing his identity.

It isn't clear when Rojas might get a lawyer.

Terrorism isn't suspected in the crash. THE ASSOCIATED PRESS

DIGEST

Trump slams 'witch hunt'
President Donald Trump denounced the appointment of special counsel Robert Mueller to investigate his campaign's ties with Russia Thursday, calling it a "witch hunt." Meanwhile, Republicans expressed hopes the move would restore calm to the capital. Lawmakers of both parties sought to question Mueller about Trump's firing of FBI director James Comey, followed by news that Trump had shared secrets with the Russians and tried to stop Comey from investigating former presidential adviser Michael Flynn. THE ASSOCIATED PRESS

Roger Ailes has died at 77
Roger Ailes, the communications maestro who transformed television news and America's political conversation by creating and ruling Fox News Channel for two decades before being ousted last year for alleged sexual harassment, died Thursday, according to his wife, Elizabeth Ailes. He was 77. Fox News and 21st Century Fox executive chairman Rupert Murdoch called Ailes "a brilliant broadcaster (who) played a huge role in shaping America's media." Others laid the nation's political dysfunction and inability to find common ground at his feet. THE ASSOCIATED PRESS

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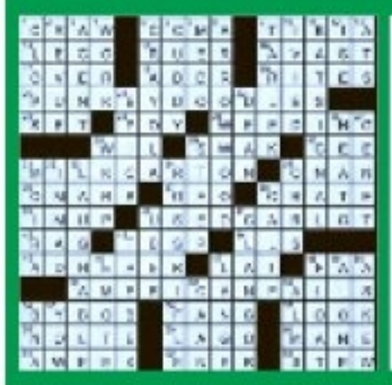

4	7	5	2	8	9	3	1	6
6	8	9	7	3	1	5	4	2
2	3	1	5	6	4	7	9	8
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1	6	4	3	9	2	8	7	5
5	2	8	4	1	7	6	3	9
7	1	6	9	4	8	2	5	3
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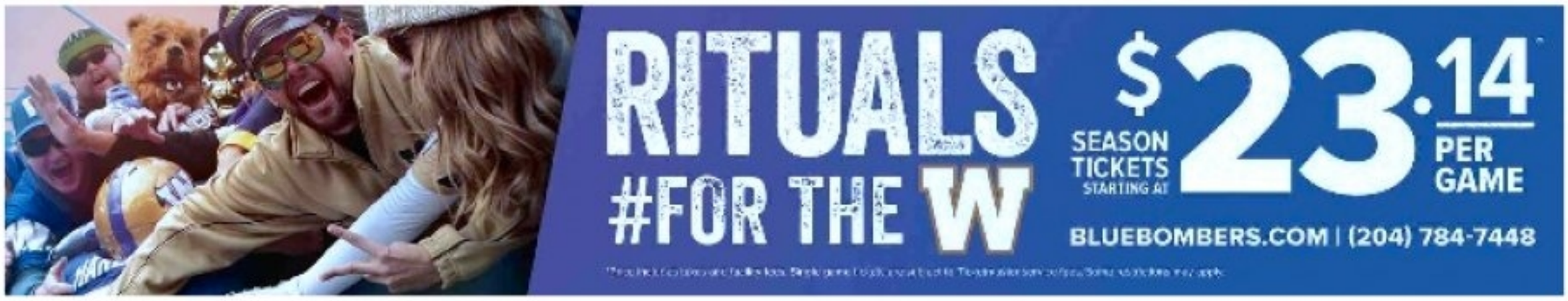

How fast is the Bell network in Winnipeg?

It's not just part of the fastest ranked* network in Canada[1], it's also faster than the networks in New York, London, Beijing, Tel Aviv, Mumbai, Moscow, Helsinki, Rome, Los Angeles, Mexico City, Paris, Bangkok, Rio de Janeiro, Brussels, Dublin, Hong Kong, Tokyo...[2]

*bell.ca/pcmag2016

Bell living in Canada just got better

(1) As ranked by PC Mag. Reprinted from www.pcmag.com with permission. © 2016 Ziff Davis, LLC. All Rights Reserved. (2) City comparison speeds based on Ookla's analysis of Speedtest Intelligence data from January 1 to March 31, 2017.

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metro SCIENCE

Your essential daily news

Why do people with high IQs also tend to be atheists? Both groups are good at questioning their own instincts, a new Dutch study says

DECODED by Genna Buck and Andrés Plana

UNWANTED: CANADA'S MOST

You can wear bug spray, long sleeves and even tuck your pants into your socks (cool!), but from now until fall, you or your pet could encounter ticks, and an even less welcome hitchhiker: Lyme disease. It spiked from 144 cases in 2009 to an estimated 841 in 2016. **And the warming climate means ticks are showing up in more places.**

BLACKLEGGED TICK

Aliases: Deer tick, bear tick
Hangouts: Eastern and Central Canada
Crimes: Lyme disease, Deer Tick Virus Encephalitis, Babesiosis, many others

WESTERN BLACKLEGGED TICK

Hangouts: British Columbia and the U.S. Pacific Northwest
Crimes: Lyme disease, Human Granulocytic Anaplasmosis

WHAT LYME IS — AND ISN'T

IS: an illness caused by **Borrelia burgdorferi** bacteria

IS: treatable with antibiotics

IS: transmitted from birds and mammals to people via ticks

IS: usually spotted as a **"bulls-eye" rash** at the site of a tick bite

IS: a cause of fatigue, headache, chills, fever, muscle and joint pain, cardiac problems, facial paralysis and even meningitis

IS: a cause of painful arthritis and changes to personality, brain function and speech — if untreated

ISN'T: A chronic infection. Although symptoms can continue long after treatment, "chronic Lyme disease" is unproven. There's no benefit, but plenty of risks, to taking more antibiotics after the initial infection has cleared up.

WHAT TICKS LOOK LIKE

Ticks from the same species look different before and after eating and at different stages in the life cycle.

15mm **Adults (after feeding)** look large and swollen: You won't miss it.

3-5mm **Adults** burrow into skin, but you might not feel it because tick spit contains natural anesthetic.

2mm **Nymphs** are most likely to transmit Lyme. They're tiny and hard to spot.

1mm **Larvae** are miniscule baby ticks. They can harbour Lyme too.

NASTY NEIGHBOURS

These ticks aren't associated with Lyme, but can spread other infections

LONE STAR TICK : THE NEW TICK ON THE BLOCK This southern U.S. native is spreading to Canada as the climate warms. Its bite can induce a rare allergy to red meat.

AMERICAN DOG TICK
This plentiful tick hides out in grass, urban parks and trails in Central and Eastern Canada.

FINDINGS
Your week in science

FEDERAL FRAMEWORK
The government is set to release a framework for a national Lyme surveillance program this month along with guidelines and educational materials for health providers. The draft did not include references to the disputed "chronic Lyme disease," sparking protest from patient groups.

SOUND SMART

PEDIPALPS

DEFINITION
Pedipalps are the two "arms" that spiders, scorpions and some crabs have on the front of their bodies.

USE IT IN A SENTENCE
There's a reason spiders make bad pop song writers. You try finding a rhyme for "I long to hold you in my **pedipalps**."

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CANADIANS LIVING WITH CROHN'S OR COLITIS NEED MORE OPTIONS

DESPITE ADVANCES IN INFLAMMATORY BOWEL DISEASE RESEARCH, TREATMENTS FOR PATIENTS REMAIN LIMITED

Sandra Zelinsky has spent the last 24 years trying to stay at least one step ahead of inflammatory bowel disease (IBD). In that time, she's been on several medications, undergone several surgeries, and rode the ups and downs of living with a chronic disease that has a way of throwing new problems at you.

"A few of the medications have worked amazingly but most of them were unsuccessful. My disease state constantly evolves, and as it changes, so do my medical needs," says Zelinsky.

Crohn's disease and ulcerative colitis, the two main forms of inflammatory bowel disease, cause the body to attack itself, leading to inflammation of the gastrointestinal tract. Because of that inflammation, people with IBD are left to face abdominal pain, cramps, bloating, fatigue, frequent and urgent bowel movements, internal bleeding, and unintended weight loss.

"In spite of the symptoms, people with IBD often look 'normal' on the outside," says Mina Mawani, President and CEO of Crohn's and Colitis Canada. "Canada in particular has some of the highest rates of inflammatory bowel disease in the world, and approximately 250,000 people across the country are living with Crohn's or colitis. You may know someone with the disease and not even know it."

There is no cure for Crohn's or colitis, but treatments can put the disease into remission, and patients can experience a reduction in their symptoms.

"Being in remission means we can live active, productive lives, and we can stay out of emergency rooms and avoid further surgeries," says Zelinsky, who now works as a patient engagement researcher, and who advocates for patient-centred care.

"Every case of IBD is unique, and each patient responds differently to different courses of treatment. To achieve remission, a patient may have to try multiple treatments before finding one that works for him or her. Each unsuccessful attempt means there's one less option available from an already limited number of treatments, and a treatment that works well for someone today could stop working tomorrow," says Mawani.

Having more and new options to choose from is integral to maintaining hope for continued remission. This is vital for people living with chronic diseases such as Crohn's and colitis.

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metro WEEKEND
Your essential daily news
MOVIES MUSIC TELEVISION DIGITAL

Sci-fi thrillers are bursting back

The newly released Alien: Covenant is the latest of many film franchises to return to the big screen

Katherine Waterston joins a star-studded cast, including Michael Fassbender, Billy Crudup and Danny McBride for Alien: Covenant, in theatres now. CONTRIBUTED

Richard Crouse
For Metro Canada

That's a lot of facehugging and chestbursting.

Since the 1979 release of Alien, a film Roger Ebert called "an intergalactic haunted house thriller set inside a spaceship," audiences have been fascinated with the sci fi/horror series.

The latest movie sees a new crew — including Michael Fassbender, Katherine Waterston, Billy Crudup and Danny McBride — on a mission to colonize planet Origae-6. Along the way they abandon their original course, choosing a closer, apparently inhabitable planet only to be met with terror and acid-spewing creatures.

Covenant is the third Alien movie directed by Ridley Scott. I once asked him what it was that kept him casting his eyes to the skies movie wise.

"The fantasy of space," he said, "which is now also a reality, is a marvellous platform and a form of theatre. Honestly, almost anything goes."

The freedom of the sci fi genre is a common theme among creators. Denis Villeneuve, whose sequel to Ridley Scott's Blade Runner, now titled Blade Runner 2019, comes out later this year, remembers how his mind was opened by his first exposure to the genre.

"At a very young age one of my aunts came home one night and she had brought two or three big cardboard boxes filled with magazines," says Villeneuve.

"Those magazines were all about sci fi. Those boxes changed my life because the amount of poetry and creativity among the guys that were drawing those comic strips. They were very strong storytellers. They were all like mad scientists playing with our brains."

A month before Alien: Covenant's opening date Scott announced plans to start shooting another sequel within the next fourteen months.

Until that one hits theatres what other sci fi films should we have a look at?

Vincenzo Natali, the director of episodes of television's Westworld and Orphan Black and adventurous films like Cube and Splice has some suggestions.

"I could mention 2001, Star Wars and The Matrix, but we've all been there. I think there are some very worthy science fiction films that aren't so well known."

First on his list is Stalker, from master director Andrei Tarkovsky.

"It's about a zone in Russia that may have had some kind of alien visitation and is highly classified. There are very special people called stalkers who illegally enter the zone and can take you to a place where your wishes can come true. No other movie ever made is quite like it. It is one of the most beautiful films I've ever seen."

Next up is The 10th Victim, a futuristic Marcello Mastroianni movie about a deadly televised game called The Big Hunt which becomes a replacement for all conflict on Earth, but at what cost? "An Italian film made in the '60s but way ahead of its time," he says.

"It's a satirical comedy, absolutely brilliantly made, filled with cool futuristic Italian design and it's really funny. I cannot recommend it enough."

Third is the animated La Planète Sauvage.

"It takes place on a planet where humans are pets for a race of large aliens. It's a kind of a Spartacus story against the aliens. Totally outrageous and very, very '70s."

MOVIE RATINGS by Richard Crouse

Alien: Covenant	★★
Diary of a Wimpy Kid	★★★
Chuck	★★★
The Lovers	★★★
Tommy's Honour	★★★

HOW RATING WORKS
★★★★ SEE IT
★★★ WORTHWHILE
★★ UP TO YOU
★ SKIP IT

OBITUARY

Chris Cornell, a voice of '90s rock, mourned by fans, peers

Chris Cornell had become one of the most lauded and respected contemporary lead singers in rock music, thanks to his charismatic energy onstage and wide vocal range. He was a leader of the grunge movement with Seattle-based Soundgarden — with whom he gained critical and commercial acclaim — but also found success outside the band with other projects, including Audioslave, Temple of the Dog as well as solo albums.

His death Wednesday night stunned his family and his die-hard fans, who Cornell had just performed for hours earlier at a show in Detroit. Police said Thursday that the 52-year-old's death is being investigated as a possible suicide.

Detroit police spokesman Michael Woody told The Associated Press on Thursday that he couldn't release details about why police are investigating the death as a possible suicide, but noted there were "basic things observed at the scene" and another police spokesman told two Detroit newspapers that the singer was found with a band around his neck.

An autopsy was being conducted Thursday and some information from it was expected to be released later in the day.

Soundgarden's current tour kicked off in late April and was planned to run through May 27.

Cornell was known for his memorable voice and skilled songwriting, collaborating on a number of film soundtracks, including the James Bond theme song for 2006's Casino Royale and The Keeper from Machine Gun Preacher, which earned him a Golden Globe nomination.

"To create the intimacy of an acoustic performance there needed to be real stories. They need to be kind of real and they need to have a beginning, middle and an end. That's always a challenge in three and a half or four minutes — to be able to do that, to be able to do it directly," Cornell said of songwriting in a 2015 interview with The Associated Press.

Cornell, who grew up in Seattle, said he was kicked out of school at age 15 and started using drugs at 13.

But at 16 he became serious about music, learning to play the drums while also working as a busboy and dishwasher. "That was the toughest time in my life," he told Rolling Stone.

He eventually became a Grammy winner with Soundgarden, formed in 1984 and emerging from Seattle's blossoming music scene — which included Nirvana, Pearl Jam and Alice in Chains.

The band made a mainstream breakthrough with Superunknown, its 1994 album that launched five singles, won them two Grammys and sold more than five million units in the U.S. They broke up in 1997.

In 2001, Cornell joined Audioslave, a supergroup that included former Rage Against the Machine members Tom Morello, Brad Wilk and Tim Commerford. The band released three albums in six years before disbanding in 2007. Cornell and Soundgarden reunited in 2010 and released the band's sixth studio album, King Animal in 2012.

THE ASSOCIATED PRESS

Police are investigating the musician's death as a possible suicide. THE ASSOCIATED PRESS

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Is 'sick-lit' the new genre of teen romance?

DRAMA

Love stories foiled by illness are on the rise in Hollywood

Steve Gow
For Metro Canada

There's a hot trend in pop-culture right now and it's got nothing to do with crystal-infused water bottles, restorative nap cafés or even the latest Fitbit. No, I'm talking about the rise of the terminal romance.

Popularized by such young adult films as The Fault in Our Stars and smash Netflix series 13 Reasons Why, these books-turned-blockbusters backdrop budding teen romance against raw topics like illness or death.

"Kids are dealing with these things — whether or not we decide to talk about them," novelist Nicola Yoon said recently about the trend.

"I definitely feel a responsibility to be a part of that conversation but we can't pretend these things aren't happening."

Yoon's bestseller Everything, Everything is just the latest sobering story to see life on the big screen.

A tale about a teen with an extremely rare disease, Everything, Everything quarantines its protagonist inside her hermetically sealed home for her own safety. But when the handsome boy next door suddenly shows up, Maddy begins to risk her own health to join her would-be suitor.

"It's just very unique in the way its told," said director Stella Meghie of the inspiring novel.

"There's drawings and text messages, lists and recipes and it just has a certain whimsy and quirkiness to it but the romance is classic — it's Romeo and Juliet."

Not unlike the Shakespeare mainstay, Everything, Everything doesn't shy away from dark themes. But the rising trend of introducing such subjects as disease and death into young adult fiction has caused concern with some parents as well.

3 MORE TEEN TERMINAL ROMANCES

The Fault In Our Stars
John Green's bestseller-turned-blockbuster stars Shailene Woodley as a terminally ill teen who bonds with a boy from her cancer support group.

If I Stay
After a family car crash lands a girl in a deep coma, she has an out-of-body experience that forces her to decide between two fates — one of which is a budding romance.

13 Reasons Why
Jay Asher's novel has stirred up controversy with its Netflix adaptation that follows a teenager as he tries to uncover why his crush killed herself.

A tale about a teen with a rare disease, Everything, Everything quarantines its protagonist inside her hermetically sealed home for her own safety. But when the handsome boy next door suddenly shows up, Maddy begins to risk her health to join her would-be suitor. CONTRIBUTED

Nicknamed "sick-lit" by detractors, many say such content only romanticizes dark deeds and may provoke depression or other harmful acts among teens.

"Books don't create behaviours," defended If I Stay author Gayle Forman in Time Magazine. "What books can do, however, is reflect an experience and show a way out of difficult, isolating times" — a sentiment Yoon and Meghie certainly agree with.

"Kids are at such a pivotal stage of their life. I mean they're trying to figure out who they are, who they're going to be and they're trying to figure out how to be a good citizen of the world, asking themselves these big questions about the meaning of life," said Yoon. "These are great questions — adults should be asking them too."

You could **WIN screening passes!**

Based on the bestselling Captain Underpants book series this raucously subversive comedy for the entire family tells the story of two overly imaginative pranksters named George and Harold, who hypnotize their principal into thinking he's a ridiculously enthusiastic, incredibly dimwitted superhero named Captain Underpants.

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TOP 150 FOR 150
CELEBRATING CANADA'S GIFTS TO THE WORLD

Defying gravity

SCIENCE

Is Hudson Bay a portal to another dimension?

Sean Plummer

Moving there won't mean you suddenly weigh a lot less (or get one bit skinner), but the fact that gravity is demonstrably lower in Canada's Hudson Bay is certainly notable.

Scientists first noticed the anomaly back in the 1960s while conducting a global gravity survey.

Could it be a portal to another dimension, wondered conspiracy theorists? Well, that explanation was as good as any until 2007 when new satellite data helped scientists come up with a slightly more plausible view.

Around 10,000 years ago, the Laurentide Ice Sheet, which covered present-day Canada and much of the northern U.S. in miles-thick ice, weighed so much that it displaced rocks across a huge area. Ever since, the Earth has been rebounding ever so slightly, but that lack of mass has meant lower gravity readings in the area.

Add to this the fact that continental convection currents are slowly dragging down tectonic plates into the Earth, and you have what's not exactly an anti-gravity area, but a cool Canadian curiosity.

Gravity is demonstably lower in Canada's Hudson Bay. ISTOCK

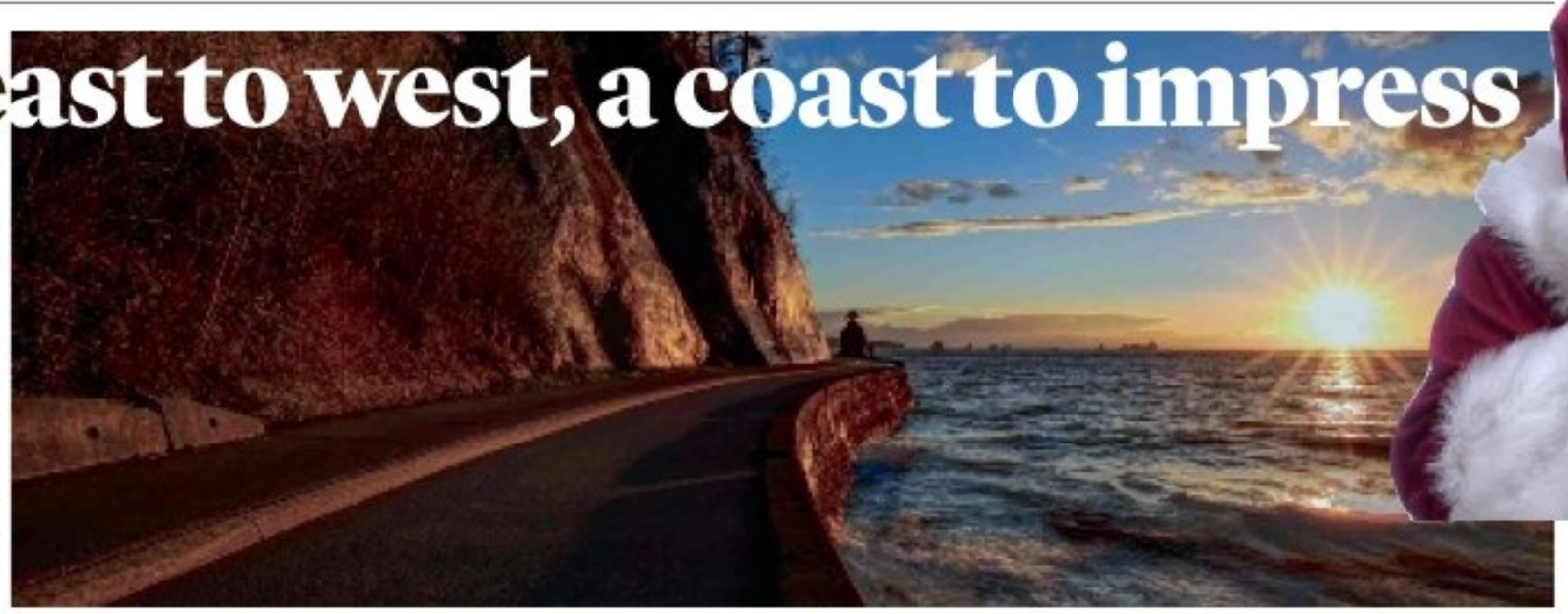
From east to west, a coast to impress

Canadians are not typically boastful by nature, but as we are celebrating our country's 150th anniversary this year, we will take every advantage we can.

So when you are looking for facts to sell Canada as the greatest country, you can pull out this one: we have the most coast.

With borders that take in the Atlantic, Pacific and Arctic oceans, we can boast about 202,080 km of coast, nearly four times as much as the runner-up, Indonesia.

SEAN PLUMMER



Drive along part of Canada's exquisite 202,080 km of coast on the Sea to Sky Highway south of Vancouver. ISTOCK

Santa lives here!

Of course Santa Claus is a Canadian. He even has his own postal code to prove it: H0H 0H0.

Prime Minister Justin Trudeau declared the same in Parliament back in 2013 when discussion turned to the Russians wanting to step up military activity in Santa's backyard.

The NDP declared Santa to be a "citizen of the world," but we are behind Justin on this one. Besides, why else would he be wearing red and white?

SEAN PLUMMER

Santa Claus is a Canadian. ISTOCK

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ROGERS

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metro TRAVEL

Your essential daily news

Jeff Koons' 45-metre inflatable ballerina sculpture is up until June 2 at Rockefeller Center

Montana's magnificent ranges

EXPLORE

Find solitude and majesty in the Beartooth Wilderness

Crawl from your warm sleeping bag out the tent door, into the darkness and pre-dawn wind whipping across the plateau. Look up at the cathedral of the sky. Watch the whirlpool of constellations spin overhead.

It's hard not to feel vertigo in the majesty of Montana's wilderness. Whether you seek the rocky heights of a 3,000-metre peak or an endless chain of lakes, the pastels of a mountain meadow or the catch of day (here it's trout), you'll find it here in one of the state's most magnificent ranges, the Absaroka-Beartooth Wilderness.

This 42-kilometre trail cuts through one of the state's most majestic ranges. THE ASSOCIATED PRESS

The best way to get in there is the Beaten Path, a 42-kilometre trail that climbs up and over the Gallatin National Forest watershed divide. The trail has a reputation for high foot and horse traffic, but in the five days we backpacked through last summer, my hiking partner and I saw just a handful of others and embraced the solitude.

The trailhead sits at the southeastern edge of East Rosebud Lake. Accessible by car from the north via a 22-kilometre road from Roscoe.

However, we accessed the path via Red Lodge, a tourist town east of the wilderness that serves as the jumping-off point for the Beartooth Highway, a breathtaking drive that climbs to 3,352 metres while winding along the Wyoming border. Much of the valley and surrounding ridgeline is a moonscape of charred timber and ash on the forest floor, the result of an intense 2008 fire.

Climbing north out of the river valley and onto the Red Lodge Creek plateau, our boots were grey and dusty by the time we reach tree line. Up to 3,000 metres then down off the ridge, we camped on the marshy shores of Crow Lake, hemmed in by a seam of serrated peaks that turned crimson at sunset.

The following day, we climbed out of the valley and crossed an amber meadow carpet, then descended a dusty switchback to arrive at East Rosebud Lake and the beginning of the north end of the Beaten Path.

The path wound south, past one lake after another, following East Rosebud Creek as it drains north. The fishermen we passed carrying trout in plastic bags provided reassurance that even novice anglers like ourselves could catch something. At Elk Lake that night, we did not.

One of the beauties of the Montana alpine terrain is how easy it is to wander. One night, we bushwhacked off trail, upstream to Echo Lake. Pika Peak, named for the small, furry rodents we saw occasionally darting along the trail, was bathed in a tangerine sunset, and we were astounded that, literally, with every cast of our reel, we pulled in brook trout well in excess of a foot. Pan-fried trout for dinner and for breakfast.

After being baked red by the sun for three days, we welcomed the wind but not the spitting snow and hail. We bundled up for our descent.

THE ASSOCIATED PRESS

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MONDAY, MAY 22: 12PM-6PM

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*From ASD racing expert

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Fri. May 19	Sat. May 20
Race 5	Race 6
#1 Allfourvegas	#1 Aniar

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ASDowns.com

SPORTS
Your essential daily news
Weekend, May 19-22, 2017

The Senators' complete game was too much for the Penguins in Game 3 as they breached Pittsburgh for four goals in the first period on Tuesday night.
MINAS PANAGIOTAKIS/GETTY IMAGES

Goals drying up for Pens

NHL PLAYOFFS

Sens' D-line strategy is frustrating Kessel & Co.

Phil Kessel fired the puck hard into the sideboards during a lull in Penguins practice at the University of Ottawa, then bent to one knee and seemed to stew in his own frustration.

Kessel had the goal which delivered Pittsburgh their first and only win so far in the Eastern Conference final — they trail 2-1 in the best-of-seven series — but generally, he and the Penguins have been aggravated by the persistent defensive efforts of the Ottawa Senators. The highest-scoring team during the regular season, the Pens have scored only three times through three games heading into Game 4 on Friday night.

"I know that we have what it takes," head coach Mike Sullivan insisted after practice on Thursday. A day after his team was thrashed 5-1 in Game 3, Sullivan seemed intent on trying to build confidence and lighten the mood around a team chasing a second straight Stanley Cup. He opened practice with some light-hearted drills which saw players flashing rare grins as they tried to keep pucks away from one another.

So far their experience against Canada's only remaining team has drawn mostly scowls, sighs and aggravation, including a fiery outburst from Kessel on the bench during the 1-0 Game 2 win. The Sens have simply sucked the life out of their attack with an intensely defensive approach mirroring the one which helped them capture second spot in the Atlantic Division during the regular season before topping the Bruins and Rangers in the opening two rounds.

"It can be a frustrating system to try and get through," Sens winger Bobby Ryan said.

Ottawa stacks the neutral zone with bodies, employing the 1-3-1 system which initially brought head coach Guy Boucher some recognition (both good and bad) during his time with the Tampa Bay Lightning.

The approach slows down an opponent and forces them to chase down pucks in the offensive zone. Craig Anderson has stopped 80 of the 83 shots he's faced. "A lot of times we throw blankets over you and try not to give you more than five, six feet of space to make a play," Ryan said.

THE CANADIAN PRESS

MLB

Pillar 'ashamed' of homophobic slur

Kevin Pillar was suspended for two games Thursday for shouting an anti-gay slur at an Atlanta Braves pitcher, an incident the Toronto Blue Jays centre-fielder says he deeply regrets but hopes will ultimately raise awareness about the hurtful impact words can have.

General manager Ross Atkins confirmed the team ban on Thursday. Pillar's pay from the two games will be donated.

Pillar was angry at Jason Motte for allegedly quick-pitching him to get a strikeout that ended the seventh inning in Atlanta's 8-4 victory Wednesday night.

Replays appeared to show Pillar using the slur as he yelled toward the mound.

"I really felt embarrassed for myself, for my family for this organization," Pillar said, adding that he had not slept much Wednesday night. "I was ashamed."

THE CANADIAN PRESS

IN BRIEF

McGregor resolves Mayweather fight with UFC

Conor McGregor has come to an agreement with UFC that has moved a proposed fight with Floyd Mayweather Jr. closer to reality.

UFC president Dana White said he reached a deal with McGregor and will now start negotiations on a mega-fight with Mayweather that could be worth $1 billion.

"I'm not saying the fight will happen, but I've got one side done. Now it's time to work on the other," White said. THE ASSOCIATED PRESS

Olympics '18 head 'willing to co-operate' with NHL

The head of the Pyeongchang Olympics organizing committee said Thursday that the NHL isn't being "greedy" preventing hockey stars going to the 2018 Games and he was willing to be flexible to meet its demands.

Organizing committee president Lee Hee-beom said on Thursday that "we are ready to co-operate."

The best players have played in every Olympics since 1998. THE ASSOCIATED PRESS

MAKE IT TONIGHT

Luscious Rhubarb and Plum Crumble

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Catch the end of rhubarb season with this luscious dessert.

Ready in 1 hour
Prep time: 30 minutes
Cook time: 30 minutes
Serves 8

Ingredients
- 1 cup whole wheat flour
- 3/4 cup rolled oats
- 1/2 cup + 2 Tbsp brown sugar
- 1 tsp cinnamon
- 1/4 tsp salt
- 1/3 cup pecans, chopped
- 1/2 cup butter, melted
- 3 1/2 cups of chopped, pitted plums
- 2 cups chopped rhubarb
- 1/3 cup + 2 Tbsp maple syrup
- 1 Tbsp lemon juice
- 1 Tbsp flour

Directions
1. Preheat oven to 375 degrees.
2. Toss together the flour, oats, 1/2 cup of brown sugar, cinnamon, salt and nuts until everything is well combined.
3. In a small bowl, mix together melted butter and 2 Tbsp maple syrup. Pour over the oat mixture and stir until it becomes evenly moist. Set aside.
4. Place your chopped plums and rhubarb, lemon juice, 1/3 cup of maple syrup, 2 Tbsp brown sugar and flour in a bowl and give it a good toss. Pour fruit into an 8" x 8" baking pan. Top with crumble. Don't worry if it doesn't cover the fruit perfectly.
5. Bake for 30 to 35 minutes until the topping is golden brown and the fruit is bubbling. Allow to cool for a few minutes before serving.

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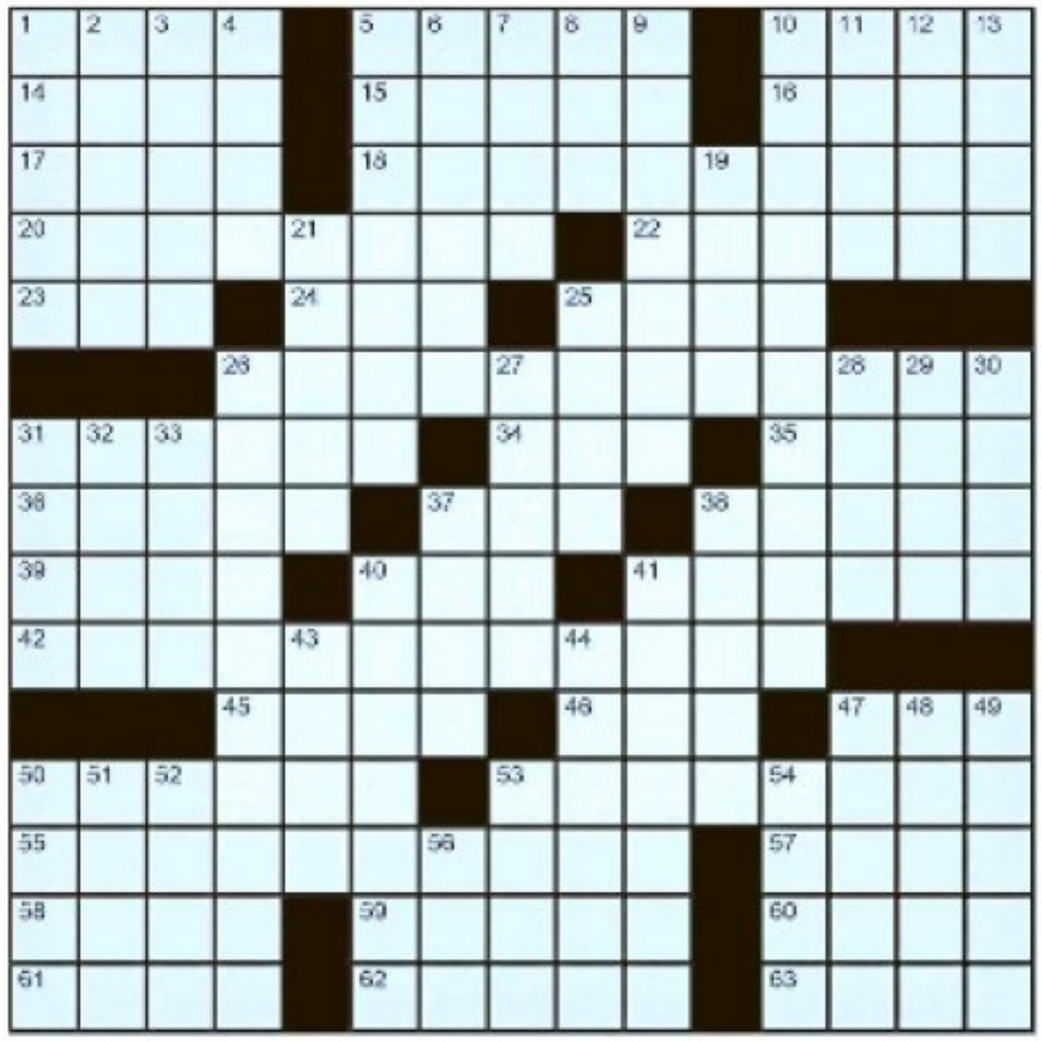
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Mr. Klugman of "Quincy, M.E."
5. Cashier-to-customers papers [abbr.]
10. Queen Victoria's is May 24th, briefly
14. Cosmetics giant
15. "Star Trek" character
16. Laugh: French
17. Enthusiasm
18. Popular pair of pants: 2 wds.
20. Journalistic output, often, to President Donald Trump: 2 wds.
22. Make a money plan
23. Years: French
24. "Could _ _ Your Girl" by Jann Arden
25. Actress, Candace Cameron _
26. Juno-winning country star from Nova Scotia: 2 wds.
31. Bequest
34. Grassland
35. "There will _ _ talking in class!"
36. Singer Ms. Cara
37. Soaked
38. "Desperately Seeking _" (1985)
39. Sud's directional opposite
40. Fashion scarf
41. 7UP rival
42. Canadian production on Broadway which has seven Tony Award nominations for this year's 2017 broadcast on June 11th: 3 wds.
45. Racetrack fence
46. Convened
47. Entrepreneur's deg.
50. Travels around a planet
53. Those driving too fast
55. Central thoroughfare in Winnipeg: 2 wds.
57. Beehive State
58. Editor's 'let it stand'
59. Place to connect in Chicago
60. Zero, in tennis
61. Mr. Malden
62. Oscar-winner Sophia
63. Diving bird

DOWN
1. Orange variety
2. Bird-related
3. Wine bottle toppers
4. Leg-bending point
5. 2010 Rihanna chart-topper: 2 wds.
6. Grub grinder
7. Wordplays
8. Numerical prefix
9. Liqueur of Italy
10. Rural town in Saskatchewan west of the Manitoba border
11. Hor. Vert. _. (Abbreviated lines)
12. "Rule, Britannia" composer
13. Fri., on Sat.
19. _ Mountains (Switzerland-France range)
21. Bridget Fonda, to Jane
25. _ juice
26. Newfoundland airport where planes on 9/11 were diverted (What the musical at #42-Across is about): wd. + abbr.
27. Sparkle
28. "_, _ can." (Can-do attitude reply)
29. Go _ _ great length
30. Zippo
31. Rival car of a Cadillac, for short
32. 'Switch' suffix
33. Wheat _
37. Sheep coat fabric
38. Outpouring
40. "_ Stomp": 1961 hit for The Dovells
41. Make more sugary
43. '50s singer Mr. Domino
44. Unit of electric current
47. "Ditto over here!": 2 wds.
48. "Clap! Clap! Clap!"
49. Drained looking
50. City of Russia
51. Pro _ (In proportion)
52. Casket stand
53. Singe
54. Boring
56. Greek alphabet's 17th letter

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
You feel warm and generous to everyone today, which is why this is a great day to schmooze with partners and close friends. Have a good time, but don't go overboard.

Taurus April 21 - May 21
You feel content today. You're happy in your own skin. Things are coming your way and work looks hopeful!

Gemini May 22 - June 21
This is a popular day! Enjoy interactions with others, whether they are casual friendships or dealings with groups and organizations. People want to see you today.

Cancer June 22 - July 23
You make a fabulous impression on bosses, parents and VIPs today. Just be careful you don't promise more than you can deliver. Remain realistic.

Leo July 24 - Aug. 23
Big travel plans are thrilling. You want to go places and enjoy things in Leo style!

Virgo Aug. 24 - Sept. 23
If you have to share or divide something today, don't give away the farm. Remember that you have rights, too. Respect your own self-interest.

Libra Sept. 24 - Oct. 23
You feel warm and friendly toward everyone today, which is why you will be tempted to go overboard or make promises that you cannot fulfill.

Scorpio Oct. 24 - Nov. 22
This is a day full of self-indulgence. You might overeat and enjoy seconds on dessert, but you will feel guilty because you also have an eye on your health.

Sagittarius Nov. 23 - Dec. 21
This definitely is a party day — and you are the sign who likes to work hard and party hard! Enjoy good times with friends, sporting events and playful activities with children.

Capricorn Dec. 22 - Jan. 20
You will love to entertain at home today. In particular, you will love to show your guests a good time.

Aquarius Jan. 21 - Feb. 19
This is a fun-loving day; and you're in a great mood. You will enjoy the company of others, and you also will enjoy the beauty of your daily surroundings. It's a fortunate day, indeed!

Pisces
Feb. 20 - March 20
Look for ways to boost your income, because they do exist today. However, you also might overspend on something because it's easy to go overboard today. Ka-ching!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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